PSHE overview including Relationships and Health Education

Year 1

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| **Summer 1** | **Relationships** |
| PSHEand Relationships and Health Education content | Families and people who care for meMaking friends/being a good friend Caring and respectful friendshipsBeing Safe Physical contact preferences People who help usQualities as a friend and person Self-acknowledgementBeing a good friend to myself Celebrating special relationships |
| Lessons | 1. Families: identifying members of our own families and understanding that there are lots of different types of families. 2. Making Friends: knowing what being a good friend means and how to make new friends. 3. Greetings: appropriate ways of physical contact to greet my friends. 4. People who help us: people who can help me in my school community and how to ask for help. 5. Bing my own best friend: my qualities as person and a friend. 6. Celebrating my special relationships: appreciating someone who is special to us. |
| Vocabulary | Family, belong, different, same, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, qualities, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate, feelings. |